

HALIFAX

metro®

NEWS
WORTH
SHARING.

Golden again

Sidney Crosby's marker helps Canada beat Sweden in Olympic final. **COVERAGE, PAGES 3, 22-24**

MARTIN ROSE/GETTY IMAGES

'We're praying the public steps up'

Family members of missing Halifax woman are in city searching, looking for answers, for lost loved one **PAGE 4**

Such a long journey

It takes a client to know a client: New community services minister knows welfare system intimately **PAGE 6**

Grin and bear it

Bobsledders Moyse and Humphries carry our flag in Sochi closing ceremonies **PAGES 22-24**



ACE
LumberMart

DOORS...100'S OF THEM TO CHOOSE FROM



9'x7'
Insulated
Garage Door
#12979100
\$448⁰⁰ each

Just \$228 more and we'll install it for you



32' x 80" Entrance System
Clad Frame - Drilled for Lockset
100's of Styles
AS LOW AS...
#2834OUTCLAD40
2048LEGACYBLK
\$497⁰⁰ each

Just \$377 more and we'll install it for you



32' x 80"
Premium Storm Door
"Northern 2 Lite"
Lifetime Warranty
AS LOW AS...
#12282WAH55
\$257⁰⁰ each

Just \$169 more and we'll install it for you



2 GREAT LOCATIONS

751 Herring Cove Rd., Spryfield • 477-6500
15 Wright Ave., Burnside Park • 468-7772

The **helpful** place.

More door deals at www.lumbermart.ca...24 hours a day



porter
flying refined

Midnight tonight is your deadline to save up to 40% off base fares.

If saving is your favourite winter sport then you're the big winner with Porter's biggest sale ever. Save up to 40% off base fares at flyporter.com



up to
40%

OFF BASE FARES

flyporter.com

HALIFAX • MONCTON • MONT TREMBLANT • MONTRÉAL • OTTAWA • QUÉBEC CITY • SAULT STE. MARIE • ST. JOHN'S • SUDBURY
THUNDER BAY • TIMMINS • TORONTO • WINDSOR • BOSTON • VERMONT • CHICAGO • MYRTLE BEACH • NEW YORK • WASHINGTON

Book by 11:59 pm Eastern Time February 24, 2014. Travel by June 27, 2014. Up to 21-day advance purchase may be required. Fares may not be available April 18-21, May 16-19, 2014. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Lowest fares are available on Tuesday and Wednesday departures. Fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

'To see them win means the world' to Halifax fans

Sid comes through.
Hockey fanatics pack local bars to watch Canada skate to gold

DESERIE MURPHY
For Metro

With two minutes to go in Sunday's Olympic men's hockey final, the jacked-up crowd at Bubba Ray's Sports Bar in Halifax began singing the Canadian anthem while thumping on tables.

Then everyone rose to their feet, with several women even dancing on



NATHAN DENETTE/THE CANADIAN PRESS

Epicentre

"Everything is a bit more amped up here in Halifax, because a lot of players from here move up in the leagues. We feel very proud of our hometown boys."

Bar patron Sarah Gillis

top of the tables. The room kept getting louder and louder as the seconds dwindled down and Canada skated to the 3-0 win over Sweden.

"I've been watching Canada play since I was four years old," said Dalhousie University grad student Nick Rotta-Loria, who, like many that packed the bar, were dressed in red-and-white apparel.

"To see them win means the world."

Hockey fans began filling up several city bars before dawn on Sunday in anticipation of the gold medal final.

A deluge of fans poured into Bubba Ray's as they opened their doors at 5 a.m.

"Waking up with the sunrise with friends, drinking and watching this game is something I will remember for the rest of my life," said Dalhousie student Robyn Broekhuizen.

Many people at Bubba Ray's were on their feet the entire game, raising their beers in the



Fans cheer at the HFX Sports Bar and Grill in Halifax as Canada defeats Sweden 3-0. ANDREW VAUGHAN/THE CANADIAN PRESS

air and breaking out in chants of: "Let's go Canada, let's go." Others sat and banged tables while chanting, "We want gold."

"Everybody's on the verge of their seat waiting for a goal," said Halifax resident Erin Storer early in the game. "It's a common belief Canada's going to win."

They were right. Cole Har-

bour's Sidney Crosby netted his first goal of the Olympics to increase Canada's lead to 2-0 late in the second period.

When he scored, everyone in the bar began chanting his name.

"I love that guy; he always comes through," said bar-goer Jessica Hiltz. "It wouldn't be a gold-medal game without Sidney Crosby scoring."

Several bars and restaurants in HRM were given special approval from the province to serve alcoholic beverages before 9 a.m. for the final.

Durty Nelly's, HFX Sports Bar & Grill, Your Father's Moustache and the Oasis were the other lucky venues and were packed full of fans as well.

1 NEWS

CONCEPT
45% SALE!
15% - 11%
A. 100, 200, 300
B. 100, 200, 300
C. 100, 200, 300
D. 100, 200, 300
E. 100, 200, 300
LOADING IN CORNER
A. 100, 200, 300
B. 100, 200, 300
C. 100, 200, 300
D. 100, 200, 300
E. 100, 200, 300
SUCCESS!

Actor portrayal

PLAN FOR SUCCESS!

Start planning your success **now**. In just **60 weeks**, you can complete a Success College Diploma
Program that will **prepare you for a new career**. Plan now to be **better off** in the future!

Train for thousands of jobs in government and business administration!

Programs include:

Business Administration

Travel and Tourism | IT Specialist

Medical and Dental Office Administration



Success College
Get Ready.

Call or Click **TODAY** to start in **APRIL!**

865-8283 successcollege.ca

Crosswalks. Zebra stripes coming before council

Crosswalk safety will be front and centre during regional council Tuesday as zebra stripes are back on the agenda.

The discussion around adding zebra stripes to crosswalks was deferred from council's last meeting, due to confusion around whether the language in the report from the Transportation Standing Committee addressed zebra stripes at all crosswalks or just uncontrolled, marked ones.

HRM's transportation committee approved a recommendation from the crosswalk safety committee back in October to look into how much zebra stripes would cost.

The report said it would cost \$155,000 to paint zebra stripes

on marked, uncontrolled crosswalks while council said it would cost \$245,000 to paint all crosswalks.

HRM CAO Richard Butts asked council to let staff revisit the report and clear up the confusion around the language in the report and budget for the initial painting cost. **METRO**

Safety

Other crosswalk safety recommendations:

- Curb bump outs, reflective pole tape, pruning shrubs near crosswalks, flags.

Accidents. Two people struck in crosswalks

Two people were struck by vehicles in marked crosswalks on Saturday evening, including one woman in a wheelchair.

The first incident happened at 5 p.m. near the main entrance to the Halifax Shopping Centre.

The victim, an 83-year-old woman, hurt her arm and was taken to hospital.

Two hours later, a woman

in a wheelchair was struck by a vehicle in a marked crosswalk at the intersection of Susie Lake Crescent and Chain Lake Drive.

The 53-year-old victim was taken to hospital with minor injuries.

The drivers in both accidents were ticketed for failing to yield to a pedestrian in a crosswalk. **METRO**

Search. Police looking for weapon-toting man

Halifax police are looking for a man after officers responded Saturday afternoon to a weapons call.

According to police, a driver travelling on Connaught Street was slowing down for a man crossing the road near Edinburgh Street when the pedestrian allegedly pulled a hand-

gun from his waistband.

Police said the man continued across the street without pointing the gun at the driver.

Police described him as a white man in his early 20s. At the time of the incident he was wearing black baggy pants, a black hoodie and a black cap.

METRO

Contraband

Cops seize 100,000 cigarettes

Halifax police have arrested a man after searching a business on Portland Place shortly before noon on Thursday where they seized more than 100,000 illegal cigarettes and a large quantity of marijuana.

A 55-year-old man from Halifax faces one drug charge for possession with the purpose of trafficking and multiple charges under the Nova Scotia Provincial Revenue Act.

METRO

Dartmouth

Car hits power pole

Power was lost for several hours in a Dartmouth neighbourhood after a car crashed into a power pole early Saturday, breaking it into pieces and sending the driver and passenger to hospital.

Police said the 21-year-old at the wheel continued driving into the corner of a home and smashed into two parked vehicles before stopping near the corner of Portland Street and Old Ferry Road. **METRO**



Delilah Terriak, 21, is asking the public for help in finding her sister Loretta Saunders, who has been missing for more than a week. Terriak made the plea during a press conference in Halifax on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

Loretta Saunders search continues

Missing person. Saunders' brother 'overwhelmed' by community support



HALEY RYAN
haley.ryan@metronews.ca

The eldest brother of Loretta Saunders has arrived in Halifax to help search for his sister, and said he has been overwhelmed by the amount of support since Saunders went missing over a week ago.

Edmun Saunders arrived over the weekend from Newfoundland and Labrador, and thanked those who have donated to the fund set up to support the family.



Loretta Saunders COURTESY HALIFAX POLICE

Quoted

"Someone had to have seen her, or the people that were driving her car."

Delilah Terriak, sister of Loretta Saunders

Just over \$12,500 had been raised for the Help Find Loretta Fund as of Sunday afternoon.

"I went all my life thinking people were generally uncaring, until now," Saunders said in a press release. "I can't express how much kindness people have shown."

Saunders' parents remain in Goose Bay, Labrador, but Edmun has joined his sister Delilah Terriak here in Halifax.

Terriak and a large network of supporters have put up posters around the city. More are planned for gas stations and tollbooths along the highways between Halifax and Ontario, said Cheryl Maloney, president of the Nova Scotia Native Women's Association.

"We're praying the public steps up," she said Friday.

Saunders, a 26-year-old Inuk woman from Labrador, is in the last year of her honours sociology degree at Saint Mary's University, working on a thesis

about missing and murdered Aboriginal women.

She was last seen on Feb. 13 leaving her Cowie Hill Road apartment. She was reported missing by her family four days later.

On Thursday, police in Harrow, Ont. arrested a man and woman who were allegedly discovered driving Saunders' car and using her debit card.

Halifax police obtained warrants for Blake Legette, 25, and Victoria Henneberry, 28, who were reportedly renting an apartment from Saunders. Police say they expect to bring them back to Nova Scotia this week to face the stolen vehicle charges.

Terriak made a national plea to the public on Friday to help bring her sister home, and urged anyone who had seen Saunders or her Toyota Celica since Feb. 13 to contact police.

"She's the strongest person I know," said Terriak, 21, at the

Possible witness

Taxi driver questioned

Halifax police have interviewed a taxi driver who was parked outside Saunders' apartment the day she went missing, but aren't saying if the driver provided helpful information.

On Saturday, police asked the public for help in identifying the driver of a taxi seen parked in the roundabout at 41 Cowie Hill Rd. about 2:30 p.m. on Feb. 13.

By that evening, police had learned who the driver was and interviewed this person, said Sgt. Nancy Rudback.

"He or she could have seen something so they were a possible witness," Rudback said.

Mi'kmaq Friendship Centre in Halifax. "She's so strong ... it's keeping me going through this."

WITH FILES FROM GEORDAN OMAND

\$\$\$ MILLIONS OF DOLLARS AVAILABLE FROM MULTIPLE LENDERS \$\$\$

\$\$\$ MILLIONS OF DOLLARS AVAILABLE FROM MULTIPLE LENDERS \$\$\$

\$\$\$ MILLIONS OF DOLLARS AVAILABLE FROM MULTIPLE LENDERS \$\$\$



RED HOT

DEALS on Your New Wheels

NEED HELP?

**Purchase a New or Used Car and
We'll make 1/2 of Your Monthly Payments
for 12 Months!***

Take your pick
from a Fabulous Selection of
Great Vehicles, and enjoy this
**Spectacular Financing Opportunity—
We make half your payments for a full year!**

Or! Buy Two Vehicles, and we make all your payments
on the lesser of the two payments for a full year!

Regardless of your situation, Good, Bad or No
Credit, even Divorce or Bankruptcy -

Metro Suzuki's finance experts can finance your
new car at payments you can afford, and buy-out your
old car loan. Our experts have over 20 years experience
providing Nova Scotians with excellent cars and credit
solutions. Join the thousands of happy Metro Suzuki
clients with a great deal on your new vehicle.

Apply on-line for FAST Approval
www.metro Suzuki.ca



Metro SUZUKI

902 463-6792 / 1 888-764-8623
224 Wyse Road, Dartmouth

* This offer so Hot it cannot be used in conjunction with any others. Based on 4.99% on the longest amortization available O.A.C.

From welfare to N.S. cabinet

Community services minister. Joanne Bernard's journey into politics took many turns

Joanne Bernard says Nova Scotia's welfare system doesn't have to be a poverty trap. And she should know.

In the late 1990s, Bernard was a single mother living on income assistance following a traumatic marriage breakup.

Today, as the province's community services minister, she's in charge of the entire social assistance system.

Bernard says her transformation from food bank

client to minister of the Crown should serve as an example to those who think welfare is a dead end.

"When I see generations on income assistance ... I want to stop that," she says, recalling the nine years she spent on welfare. "It's not a way of life. It's not a career path. It's all learned helplessness. ... When you grow up with that, you don't see other options. I want to be the minister who is able to show people options."

Bernard grew up in Halifax, the only child in a stable, middle-class home. After she graduated from high school she worked at restaurants and hotels, having decided university wasn't for her.

Support programs



"I very quickly learned that this was an investment in myself, and that's how I approached it."

Joanne Bernard

At 23, she met a sailor from the Netherlands at a downtown bar, starting a romance that culminated in marriage a few years later.

"Within seven months, the marriage broke down," Bernard recalls. She ended the relationship the day after she learned she was pregnant.

Bernard moved in with her parents, applied for income assistance and decided to earn a

degree at Mount Saint Vincent University.

"I never looked back," says the Dartmouth North MLA. She soon moved out of her parents' house and took advantage of every support program available.

In 1999, Bernard left the welfare rolls and took a job with the provincial NDP caucus for a short time. Her career in the non-profit sector took

off when she established the Marguerite Centre, a residential facility for women recovering from addictions and abuse.

In 2005, she was hired to lead Alice Housing, which offers long-term housing for women and children leaving abusive relationships.

Bernard's work with Alice Housing increased her profile and reignited a long-held desire to seek public office.

Disenchanted with then-NDP leader Darrell Dexter, she ran for the Liberals and won the riding of Dartmouth North in the election last October that saw the Liberals sweep the New Democrats from power after one term in office.

THE CANADIAN PRESS

Openly gay

'But it's not my focus'

Aside from her hard-scrabble background, Bernard's political profile is unique for another reason: she is the first openly gay member of the Nova Scotia legislature.

But she doesn't want to make that the focus of her public life. "If the gay community is looking to me to come out and be groundbreaking, I'll do what I can, but it's not my focus."



Legendary rock group Chicago brings on the brass at sold-out concert

Chicago's horn section entertains a crowd at the Halifax Metro Centre on Sunday night. Go to metronews.ca/halifax for a photo gallery from the show. JEFF HARPER/METRO

Young offender. Boy charged after allegedly pointing pellet gun

A young offender is facing charges after a pellet gun was allegedly pointed at someone on a Dartmouth street.

Around 8:30 a.m. Sunday, police say the boy was walking in the area of Lahey Road and Catherine Street carrying a firearm, and he pointed it at a female. Police say they located the male young of-

Charges

Police say the boy is being charged with several firearm related offences.

fender a short distance away.

No one was injured in the incident. METRO

Failing to yield. Woman fined after being hit by vehicle and hospitalized

Halifax police have fined a woman more than \$400 after she was hit by a vehicle for crossing a roadway outside of a crosswalk zone and failing to yield to traffic.

The 19-year-old was struck while crossing Woodlawn Road in Dartmouth shortly before 11 a.m. on Friday. Emergency crews took her to hospital for

non-life-threatening injuries.

Halifax police responded around 11:30 a.m. Friday to a second pedestrian collision, when an 80-year-old woman drove into a 91-year-old man in an underground parking garage on Waterfront Drive in Bedford. The victim was knocked to the ground but was treated on scene. METRO

Antigonish County. Woman killed after vehicle loses control

The RCMP in Nova Scotia are investigating a fatal motor vehicle accident in Antigonish County.

Around 10:45 p.m. Saturday, the RCMP say a woman driving a Chevrolet Uplander on Highway 4 in Afton lost control of the vehicle and rolled into a ditch.

The woman, 61, died at the

On the scene

Police say an accident analyst was called to the scene and the investigation is continuing.

scene, police say. Her name hasn't been released. METRO

Recovered. Documents detail lavish spending of Ukraine's ousted president

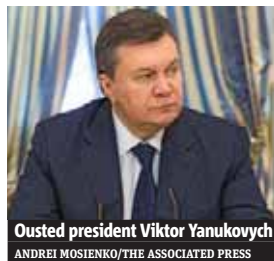
Cash: \$13 million. Decoration of a dining hall and tea room: over \$2.5 million. Statue of a wild boar: \$128,000. "A bribe": \$4,400.

These are some of the expenses detailed in financial documents found in Ukraine President Viktor Yanukovich's abandoned residence, which was occupied by protesters after the leader fled the capital.

After Yanukovich's departure Friday, the estate was opened to visitors. Ukrainians, many bringing their children, rushed to tour the parks and reacted with wonder and revulsion at the opulence, including Yanukovich's private golf courses, pig farm and small zoo with ostriches and peacocks.

Meanwhile, journalists combed through heaps of documents that appeared to show a leader who basked in extravagant wealth while his country sought bailouts from both Russia and the West.

Many financial and other documents had been burned,



Ousted president Viktor Yanukovich
ANDREI MOSIENKO/THE ASSOCIATED PRESS

while others were dumped in a lake before Yanukovich fled his closely guarded residence, flying to the eastern city of Kharkiv, where his support base is strongest. But divers were able to retrieve many of the documents, and activists laid them out to dry.

Photos of the documents were posted online by Mustafa Nayem, a top Ukrainian investigative journalist for the Ukrainska Pravda website and Hromadske.tv online news channel. Other respected Ukrainian news outlets also reported on the documents.

THE ASSOCIATED PRESS

Ukraine faces uncertainty as opposition assumes power

New government. After deadly political standoff, president leaves Kyiv but refuses to step down

A top Ukrainian opposition figure assumed presidential powers in Kyiv on Sunday.

President Viktor Yanukovich called the move a coup and insisted he would not step down, but his whereabouts and grip on power are unclear after he left Kyiv Friday for his support base in eastern Ukraine.

Protest leaders and Yanukovich agreed Friday to form a new government and hold early elections. Parliament slashed the president's powers and voted to release his rival, former Prime Minister Yulia Tymoshenko, from prison.

By Saturday, protesters had taken over the capital of Kyiv and seized the president's office as parliament voted to remove him and hold new elections.

Tymoshenko, the blond-

braided and controversial heroine of Ukraine's 2004 Orange Revolution, spoke to an excited crowd of 50,000 in central Kyiv Saturday night from a wheelchair because of a back problem aggravated during her imprisonment.

On Sunday, the parliament voted overwhelmingly to temporarily hand the president's powers to speaker Oleksandr Turchynov — one of Tymoshenko's most loyal allies.

The newly emboldened parliament struggled Sunday to work out who is in charge of the country and its ailing economy.

Fears percolated that some regions might try to break away as Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovich and long for closer ties with the European Union.

Yanukovich set off a wave of deadly protests by shelving an agreement with the EU in November.

THE ASSOCIATED PRESS



People gather for prayers and to listen to speakers in Independence Square on Sunday in Kyiv. BRENDAN HOFFMAN/GETTY IMAGES

Leaders call for democracy

U.S. President Barack Obama's national security adviser said that in a phone conversation with Russian President Vladimir Putin, the leaders agreed that a political settlement should ensure the country's unity.

• Meanwhile, former Soviet leader Mikhail Gorbachev said Sunday that the political crisis in Ukraine stems from its government's failure to act democratically.

Attack on anti-government protest in Bangkok kills 2

Two people have died in what appears to have been a grenade attack at an anti-government protest site in Thailand's capital.

The Erawan emergency medical services centre says the two people killed in

Sunday's attack in central Bangkok were a 40-year-old woman and a 12-year-old boy. The centre says 22 other people were injured.

On Saturday night, a five-year-old girl was killed and about three dozen other

people were wounded in an attack on an anti-government rally in the eastern province of Trat.

The protesters are demanding that Prime Minister Yingluck Shinawatra resign.

THE ASSOCIATED PRESS

Pakistan

Bus terminal bomb kills 14

A bomb planted at a busy bus terminal in Kohat, Pakistan, exploded Sunday, killing 14 people and wounding 15 near the country's lawless tribal region, authorities said. The explosion targeted passengers in a motorized rickshaw and a minibus, a police official said.

No one immediately claimed responsibility for the attack, though Kohat has seen past attacks by local Taliban fighters and allied sectarian groups against its minority Shiite population, which has a presence in the city and its outskirts. THE ASSOCIATED PRESS

Afghanistan

Taliban insurgents launch deadliest attack on Afghan army in over a year

Hundreds of heavily armed Taliban insurgents attacked army checkpoints in eastern Afghanistan on Sunday, officials said, killing 21 soldiers in the deadliest single incident for the Afghan army in at least a year.

Gen. Mohammad Zahir Azimi, who is the spokesman for the Defence Ministry, said "hundreds" of foreign and Afghan insurgents crossed the border to mount the attack, which took place in the remote and mountainous Ghaziabad district of Kunar Province in the early

morning hours.

Azimi did not specify which border, but Kunar lies next to Pakistan. It's a militant stronghold, and many Arab and other foreign insurgents are believed to operate there alongside the Afghan Taliban.

The Taliban claimed responsibility for Sunday's attack in an emailed statement.

The group has escalated attacks in recent months as it tries to take advantage of the withdrawal of foreign troops at the end of 2014. Casualties among Afghan troops have been rising significantly since they took the lead in the war against the Taliban. Since the beginning of 2014, 84 Afghan army soldiers have been killed.

THE ASSOCIATED PRESS

Give Your Home a Makeover

It's the perfect time to update your space with a fresh look for spring.



Discover unique, space-saving furniture and distinctive home accessories & décor to fit your home and your budget.

Looking for a special gift? We can help with that too!

5640 Spring Garden Road | Spring Garden Place | (902) 999-2336

Locally owned and operated. Like us on Facebook.



WEESHA
HOME DECOR

Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off



PHS executive director Liz Evans and Jonathan Orr. COURTESY COLIN ASKEY

its second year in Vancouver on Friday with an opening celebration at Interurban Art Gallery. **MATT KIELTYKA/METRO IN VANCOUVER**

Farm quarantined

Pig virus found in Quebec

Quebec has confirmed a case of the pig virus that has already killed millions of piglets in the U.S., the fourth province to do so.

THE CANADIAN PRESS

Diesel fuel spilled

Train derails in Montreal

Crews were cleaning up Sunday after a CN train jumped the tracks in a Montreal neighbourhood, spilling diesel fuel.

THE CANADIAN PRESS

Liberals vote to legalize medically assisted suicide



Justin Trudeau votes on a resolution during the Liberal convention in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized — although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

He was in the room later when delegates gave him an overwhelming endorsement of his decision to kick senators out of the Liberal caucus.

In an interview with CTV,

Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases that could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth commissions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

The resolution, Trudeau said, challenges Liberals "to expand our idea of what it means to be a free citizen in a modern democracy" and "to reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation and an oversight system to protect the vulnerable. It passed by a show of hands after a brief debate. **THE CANADIAN PRESS**



Canadian Olympic Committee president Marcel Aubut speaks ahead of the Winter Games on Jan. 7 in Toronto. GETTY IMAGES

Olympic chief hopes Canada will launch another Olympic bid

Marcel Aubut hopes Canada bids to host another Games before his term as the country's Olympic boss is over.

The president of the Canadian Olympic Committee was asked whether Canada will consider bidding on another Winter Games after seeing the success the Russian team has had in Sochi.

"What I want is Canada to get interested again, be serious about bidding for Olympics, winter and summer really ... fine with me," Aubut said on Sunday. "There's potential not only in winter, there's also potential in summer, especially with the Pan Am Games in 2015 in Toronto. The next step could be like Rio, just getting the Olympic Games."

Rio de Janeiro hosted the 2007 Pan American Games, then won the right to stage the 2016 Summer Olympics.

Aubut, whose term is up in April 2017, was speaking at the COC's traditional

wrap-up news conference at the Sochi Games.

Aubut said Canada's summer athletes need the lasting legacy of a home Olympics that winter athletes have enjoyed since the 1988 Cal-

signature to go forward. You need the federal government, you need all the provincial governments, you need everybody, Own The Podium, to say 'We'll do it.'

"I hope before I finish my

Quoted

"I just dream that we get summer Games in our country, just for justifying a legacy of top infrastructure for years to come for so many youth of our country."

Canadian Olympic Committee president Marcel Aubut

gary and 2010 Vancouver Games.

"We're more successful at winter Games, but we need more infrastructure for summer Games," Aubut said. "To be honest with you, I just dream that we get summer Games in our country, just for justifying a legacy of top infrastructure for years to come for so many youth of our country."

"But you need a mayor's

term we will launch something very serious for being a contender for getting back the Olympics in our country."

Toronto's Economic Development Committee voted unanimously in favour of deferring a bid for the 2024 Olympics.

Toronto bid to host the 2008 Games, losing out to Beijing.

THE CANADIAN PRESS

Sheinbein. U.S.-born teen killer shot dead in Israeli jail after standoff

Israeli special forces raided a prison in central Israel on Sunday, killing one of the country's most notorious inmates after he seized a guard's weapon, shot three guards and barricaded himself inside the compound.

Police identified the inmate as Samuel Sheinbein, an American who fled to Israel after a gruesome murder in Maryland in 1997.

Sheinbein, 34, was tried in Israel in 1999, two years after he fled to the country and successfully sought refuge from extradition, enraging Maryland authorities and briefly threatening U.S. aid to the Jewish state.

An Israeli court sentenced Sheinbein to 24 years for his slaying and dismemberment of 19-year-old Alfred Enrique Tello Jr. Sheinbein was 17 at the time. His extradition to Maryland was blocked after a yearlong battle between Israel and the U.S. over an Israeli law that prohibited it. Following that incident, Is-

Samuel Sheinbein

Samuel Sheinbein confessed to strangling Alfred Tello Jr. with a rope and hitting him with a sharp object. Sheinbein then dismembered the body with an electric saw and burned it, authorities said.

- Another teenager charged in the killing, Aaron Needle, committed suicide while in jail in Maryland.
- Sheinbein fled to Israel days after Tello's remains were found in a garage.
- Sheinbein had only passing contact with Israel, but his father was born in the country and Sheinbein qualified for citizenship under Israel's Law of Return.

rael changed its laws to allow extradition of Israeli citizens. **THE ASSOCIATED PRESS**

Drug lord's capture last yank of tightening noose



Mexican marines escort Joaquín "El Chapo" Guzmán, the alleged head of the Sinaloa Cartel, in Mexico City Saturday after he was captured in a beach resort town. MARCO UGARTE/THE ASSOCIATED PRESS

Joaquín 'El Chapo' Guzmán. Alleged head of Sinaloa cartel caught in resort city

For 13 years Joaquín "El Chapo" Guzmán, 56, watched from western Mexico's rugged mountains as authorities captured or killed the leaders of every group challenging his Sinaloa cartel's spot at the top of global drug trafficking.

Unscathed and his legend growing, the stocky son of a peasant farmer grabbed a slot on the Forbes' billionaires' list and a folkloric status as the capo who grew too powerful

Quoted

"That was a fatal error."

Michael S. Vigil, a former senior DEA official, on Guzmán's decision to start coming down from his isolated mountain hideouts to enjoy the comforts of Culiacán and Mazatlán cities. **THE ASSOCIATED PRESS**

to catch. Then, late last year, authorities started closing in on his inner circle

The son of one of his two top henchmen, Ismael "Mayo" Zambada, was arrested at a border crossing in Nogales, Arizona in November. A month later, one of the cartel's main lieutenants was gunned down. Two weeks later, police at Schiphol Airport in Amsterdam arrested one of the cartel's top assassins.

This month federal forces began sweeping through Culiacán, capital of the state of Sinaloa — closing streets, raiding houses, seizing automatic weapons, drugs and money, and arresting a series of men carefully described as top officials for Zambada.

Early Saturday morning, Guzmán's reign came to an end without a shot fired. Marines smashed down the door of a fourth-floor condo in Mazatlán, and seized the country's most-wanted man.

THE ASSOCIATED PRESS

SEE NOW, PAY IN 2015[†]

\$0\$00%
payments down interest

LASIK MD
VISION

Starting at \$490 per eye*
Book a free consultation at
1-866-999-0435 or lasikmd.com

Offer ends soon!

[†]Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2014. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.



Zimbabwe's President Robert Mugabe, left, and his wife Grace arrive for celebrations to mark his 90th birthday in Marondera, east of Harare, on Sunday. TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

Mugabe celebrates 90th birthday at stadium event

Zimbabwe. The president has ruled the nation for 33 years and in July, won disputed elections for another five-year term

Zimbabwe's President Robert Mugabe, celebrating his 90th

Quoted

"We don't accept homosexuality here. God made men and women so they can bear children."

Zimbabwe President Robert Mugabe

birthday before thousands of people at a soccer stadium Sunday, said he felt like a young boy and urged the nation to shun homosexuality.

"I feel as youthful and energetic as a boy of nine," said Mugabe, at the event in Marondera, 75 kilometres east of Harare. More than

45,000 people gathered at the stadium, said organizers from Mugabe's ZANU-PF party.

Mugabe gave his trademark clenched fist salute to the crowd, as he and his wife, Grace, stood at the back of a truck that drove around the stadium. Mugabe holds a giant birthday party in a different city each year, to take the festivities around the country.

Five cakes — including one weighing 90-kilograms — were served and 90 cows were butchered for the massive party, estimated to cost \$1 million, according to state media.

Mugabe's actual birthday was on Feb. 21 but he was away in Singapore for a "catastrophic operation" on his left eye, according to his office.

THE ASSOCIATED PRESS

Nigeria. Extremists return

Survivors in a Nigerian village say three people have been killed when extremists returned and torched remaining homes after 106 others died there last week. District head Bulama Agapu said he went back to Izghe to persuade some elderly people to leave when militants attacked Sunday. He said they killed a man and two women, and used firebombs to raze thatched huts. Hundreds were destroyed in the Feb. 15 attack that killed 106.

THE ASSOCIATED PRESS

Uganda. Tutu pleads against anti-gay bill

South Africa's retired Archbishop Desmond Tutu urges Uganda's President Yoweri Museveni not to sign into law the harsh Anti-Homosexuality Bill that would give up to a life sentence in jail for some same-sex relations. Tutu, a Nobel peace prize winner, said Sunday that Museveni a month ago had pledged not to allow the anti-gay legislation to become law in Uganda. But last week Museveni said he had reconsidered and would consult scientists on whether homosexuality is determined by genetics or by a person's choice. THE ASSOCIATED PRESS

THE REAL
HOME
SHOW

Feb 28, Mar 1 & 2

New Location!

Cunard Centre, Halifax

Win a \$15,000 Backyard Prize Pack!

Includes hot tub, pergola, patio furniture and deluxe smoker! Fill out a ballot at the show.

THE REAL
HOME
SHOW

Feb 28, Mar 1 & 2

*Nova Scotia's
Premium Open House!*

PRODUCED BY:
NOVA SCOTIA
HOME BUILDERS' ASSOCIATION

Get \$1 off Admission!

Regular Admission: \$7/person
with this coupon \$6/person
Children under 12 admitted FREE
when accompanied by an adult.

Friday - 10am to 8pm
Saturday - 10am to 7pm
Sunday - 10am to 5pm

www.nshomebuilders.ca • 902.450.5554

**Cunard Centre
Halifax**
961 Marginal Rd,
Next to Pier 21

INDUSTRY PARTNERS: Nova Scotia POWER, Bell Aliant

ENERGY PARTNER: efficiency

REGIONAL SPONSOR: HALIFAX REGIONAL MUNICIPALITY

PRESENTING SPONSORS: CAPSTONE, SKYMARK, The ChronicleHerald, ECONO, ViewPoint.ca, revolve, R-2000, G100



Pope Francis meets a family in St. Peter's Basilica, Sunday. THE ASSOCIATED PRESS

Strive to 'be saints': Pope

Francis's advice. 19 men elevated to cardinal were given advice on their new status as princes of the church by The People's Pope

Pope Francis on Sunday gave his new cardinals what

amounted to a code of conduct: "no intrigue, gossip, power pacts, favouritism."

The Pope also urged the 19 men he elevated to cardinal a day earlier to avoid behaving as if they were in a royal court.

During his homily in St. Peter's Basilica, Francis told the cardinals to strive to "be saints." To achieve that, he advised them to simply

Wise words

"Be good servants, not good bosses."

Pope Francis the First

As his papacy draws near the one-year mark, the first Jesuit Pope created his first 19 cardinals, and then gave them some sage advice.

love those who are hostile to them, bless those who

speak badly of them and "smile at those who perhaps don't merit it." Advocating humility, Francis is trying to reform a church hierarchy that has been criticized as arrogant and nasty. Francis said Jesus didn't die on a cross "to teach us drawing room manners." He urged clergy to keep their priorities straight.

THE ASSOCIATED PRESS

Compassion. North and South Korea hold rare family reunions



A South Korean daughter feeding her North Korean dad. THE ASSOCIATED PRESS

A year ago, North Korea vowed nuclear attacks to retaliate for U.S.-South Korean war games. But the start of this year's joint military drills Monday comes as Pyongyang allows wrenching reunions of elderly Koreans separated since the Korean War.

The reasons for Pyongyang's about-face are seen as having more to do with the impoverished country's desire to drive a wedge between Seoul and Washington and its need for money than with concern about the painfully brief reunions of Koreans

who haven't seen each other since the war's end in 1953.

After a last-minute cancellation of reunions in September, Pyongyang allowed them to go forward this time after rare high-level talks with Seoul.

On Sunday, about 360 South Koreans arrived in the North to meet dozens of relatives, the final group of Koreans to participate in reunions that began Thursday and end Tuesday. Only a fraction of the millions separated by the Korean War have been reunited. THE ASSOCIATED PRESS

TOP SIX @ 6

Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 Katy Perry Ft Juicy J Dark Horse
- 5 Lorde Team
- 4 Pitbull Ft Ke\$ha Timber
- 3 Pharrell Williams Happy
- 2 A Great Big World ft Christina Aguilera Say Something
- 1 Jason Derulo Talk Dirty

101.3 THE BOUNCE

1013TheBOUNCE.com | Info@1013thebounce.com

HYUNDAI

OFFER ENDS FEB 28TH

FOR A LIMITED TIME

2013 ELANTRA L

OWN IT FOR ONLY

\$12,995*

INCLUDES \$4,540 IN PRICE ADJUSTMENTS*

2013 SONATA GL

OWN IT FOR ONLY

\$19,995*

INCLUDES \$5,790 IN PRICE ADJUSTMENTS*

ALL-IN PRICING

INCLUDES PRICE ADJUSTMENTS*, DELIVERY & DESTINATION.

WITH

5 YEAR COMPREHENSIVE WARRANTY**

One of the best backed warranties in Canada!

Elantra Limited model shown*

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM*

Sonata Limited model shown*

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM*

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HYUNDAI

HyundaiCanada.com

NEW THINKING. NEW POSSIBILITIES.™

Atlantic HYUNDAI Dealers

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. *Price of model shown: 2013 Elantra Limited/ 2013 Sonata Limited is \$24,985/ \$30,785. †Fuel consumption for new 2013 Elantra L Manual (HWY 5.2L/100KM; City 7.1L/100KM)/2013 Sonata GL Auto (HWY 5.6L/100KM; City 8.7L/100KM) are based on manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. *Prices for Elantra L Manual/ Sonata GL Auto include Delivery and Destination charges of \$1,550/\$1,650. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. †Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$4,540/\$5,790 available on cash purchases on 2013 Elantra L Manual/ 2013 Sonata GL Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. **Offers available for a limited time, and subject to change or cancellation without notice. See dealer or HyundaiCanada.com for complete details. Dealer may sell for less. Inventory is limited. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

An RRSP plan for every stage of life



HOW TO ROLL

Alison Griffiths
metronews.ca

In a perfect world there would be no either-or financial choices. You would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments.

Alas, the world isn't financially perfect. At this time of year there are multiple calls on every savings dollar. Here are three age-specific RRSP strategies.

Under 45?

Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the annual refund for education savings (RESP). If you are still short of \$2,500 annually per child (which attracts the maximum

RRSP facts

- Just 24 per cent of eligible tax filers make RRSP contributions. Of that group only one-third maximize their annual contributions.
- 72 per cent of Canadians have unused RRSP contribution room.

Canada Education Savings Grant of \$500 annually), review the household budget to free up more cash. Cutting five to 10 per cent of spending isn't usually too painful.

But if high-interest debt is hanging around, pay it down with the refund.

Those without children should devote the refund to debt.

Over 45?

Focus on your future. There's still time to boost retirement

savings but don't put it off any longer.

Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions.

Deposit any refund into an RRSP. However, if there is high interest debt eliminate it first, then channel extra money into retirement savings.

Over 60?

Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky.

At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected (not current) post-retirement income.

Those with larger RRSP or other pension accounts should maximize TFSA deposits or save in a non-registered option for post-retirement flexibility and to reduce taxes.



California dreams felled by drought

A worker with a removal firm looks at a tree as he manages a crew that removed an almond orchard in California this month. The state's drought has forced farmers to remove some almond orchards earlier than usual because they don't expect to have enough irrigation water.

THE ASSOCIATED PRESS

'Free' downloads could cost you

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision released Thursday compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. production company Voltage Pictures, which is behind the likes of The Hurt Locker, Dallas Buyers Club and Don Jon.

As a result, those TekSavvy



Voltage Pictures is behind such films as Dallas Buyers Club. CONTRIBUTED

customers could eventually receive a letter from Voltage threatening legal action. Under the federal Copyright Act, statutory damages for non-commer-

cial infringement range between \$100 and \$5,000.

"It's going to be up to the courts to decide what the appropriate penalty is," said Voltage's lawyer James Zibarras.

"Obviously the public has almost become accustomed to downloading movies for free and it's being done on a massive scale. And of course the public loves justifying what they're doing and when someone tries to stop it they invariably want to come up with arguments as to why it should not be stopped."

THE CANADIAN PRESS

DOWNTOWN SACKVILLE

WITH OVER 300 DIVERSE BUSINESSES,
SACKVILLE DRIVE IS YOUR COMMUNITY HUB.

LIVE, LOVE & SHOP LOCAL.



WWW.SACKVILLEBUSINESS.COM



Hospitality and Retail Solutions

"Helping your dollars make sense"



Authorized Sales
and Service Partner

- Aloha POS
- Counterpoint Retail Scanning
- Berg Liquor and Draught Controls
- Digital Signage
- CCTV Systems
- Staff and Client Paging
- Cloud-Based Solutions
- Survey Tools

- CP Mobile
- Integrated Debit and Credit
- Self Hosted Reservations
- Online Ordering
- Gift & Loyalty Programs
- Kitchen Video
- Pay at Table POS
- Pulse Real-Time
- Network and Security Services

877.256.4226 | sales@eastcoastpos.ca

Follow us on



VIOLA DESMOND DESERVES MORE

It began with a January phone call from a school principal, inviting Wanda and Joe Robson to travel from their home in Cape Breton to HRM to attend a Feb. 17 unveiling of a portrait honouring Wanda's sister, Viola Desmond.

Desmond was convicted for sitting in the whites-only section of a New Glasgow movie theatre in 1946, nine years before Rosa Park's refusal to sit in the blacks-only section of a Montgomery, Ala., bus launched the American civil-rights movement. Viola Desmond remains one of Canada's still-too-little-celebrated heroes.

Her now-87-year-old sister Wanda is among many who've campaigned to have a new February provincial holiday designated "Viola Desmond Day, a day to honour all those who have fought for social justice in Nova Scotia." The Cape Breton Regional Municipality and town councils in New Glasgow and Shelburne have voiced their support.

No one told Wanda there was any connection between the portrait unveiling and plans to announce the holiday, not even



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

when Heritage Minister Tony Ince called to tell Wanda how much he'd like to see her at the unveiling.

Wanda and Joe couldn't go. They only found out what had happened — and then only part of it — last Monday when Wanda got a congratulatory call from Wendy Bergfeldt, the host of Sydney's CBC Radio afternoon show. Ince and Labour Minister Kelly Regan had announced the 2015 holiday would be named Viola Desmond Day. Wanda said she was "thrilled."

"I said I was pleased," Wanda says now. "I had to be pleased."

But there was a catch. Only the first holiday will honour Desmond. "Each year," Regan told reporters, "we'll celebrate a different contribution to Nova Scotia's storied past and diverse culture."

When she learned the full truth, Wanda says she felt "blindsided. I'm not happy."

For starters, she believes — as do many — that a holiday in the middle of Black History Month should logically honour someone

Falling short

For starters, (Wanda Robson, Viola Desmond's sister) believes — as do many — that a holiday in the middle of Black History Month should logically honour someone of African descent. And that the holiday's name should more broadly recognize those who've "fought for social justice." The new, rotating, something-for-everyone holiday will do neither.

of African descent. And that the holiday's name should more broadly recognize those who've "fought for social justice."

The new, rotating, something-for-everyone holiday will do neither.

It's too bad. The new provincial government had the opportunity to at least try to be a shadow as courageous as Viola Desmond. It was not.

ZOOM

Panda hangs out slide-side



IMAGINECHINA/REX

Panda cub lives life on the edge

It's time for some panda play-down at Chimelong Safari Park in Guangzhou, southern China.

The six-month-old giant cub called Long Long seems

to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits.

METRO WORLD NEWS

In danger

- Experts estimate there are only 1,000 giant pandas living in the wild, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.
- The creation of 14 new panda reserves in China brings the total number of facilities to 26.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple of mobile games to help solve that problem.

Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current darling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible, right? Incorrect. Things can get quickly out of control as your actions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/\$1.99)



CONTRIBUTED

Doctor Life:

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/\$2.99)

Hoplite:

A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the infinitely generated levels ensure infinite replay potential. (iOS/\$1.99)

Twitter



@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

@ctmwyn: All the power to this move. I would even suggest returning the purchase at the same location.

@Canucklehead_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her: Source Adult Video.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

SCENE 2

E-books



Brian Cox's Wonders Of Life

By. Brian Cox

iPad

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bent-wing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life itself.

Box office

Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening weekends. The film earned \$31.5 million US, according to studio estimates Sunday.

THE ASSOCIATED PRESS

Taking on a task of biblical proportions



Son of God producer Mark Burnett, left, on the set with actors Darwin Shaw and Diogo Morgado. Son of God opens on Friday. CONTRIBUTED

Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW

scene@metronews.ca

He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about Jesus Christ?

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and co-producer Roma Downey in Toronto. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout co-producing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of

Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

Behind the scenes

- **Tough shoots.** "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- **The supporting cast.** "Nobody's presented as perfect people. (The Disciples) didn't know they were in the Bible. They were just real people living their lives in enormously challenging circumstances and very dangerous times, looking for hope," says Downey.

11th Annual *Savour*
food & wine

Thursday, March 6, 7:00 to 9:30 pm
at the Cunard Centre

Atlantic Canada's premier food and wine event.
Showcasing Nova Scotia's finest restaurants, wines and gourmet products

Must be
19+ to attend

Regular
Tickets
\$79 + HST

VIP
Tickets
\$99 + HST

Available at eDining.ca or call 902-429-5343





Kate Hudson ALL PHOTOS GETTY IMAGES

With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source

says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Stevie Nicks pens *Game of Thrones* fanfic



STARGAZING
Malene Arpe
scene@metronews.ca

Stevie Nicks says that she's a huge fan of *Game of Thrones* and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becoming



ing clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.



Lupita Nyong'o

Lupita Nyong'o calls Jared Leto dating rumour 'crazy'

She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscar-nominee Jared Leto are dating. "But I thought Miley

Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen DeGeneres during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."



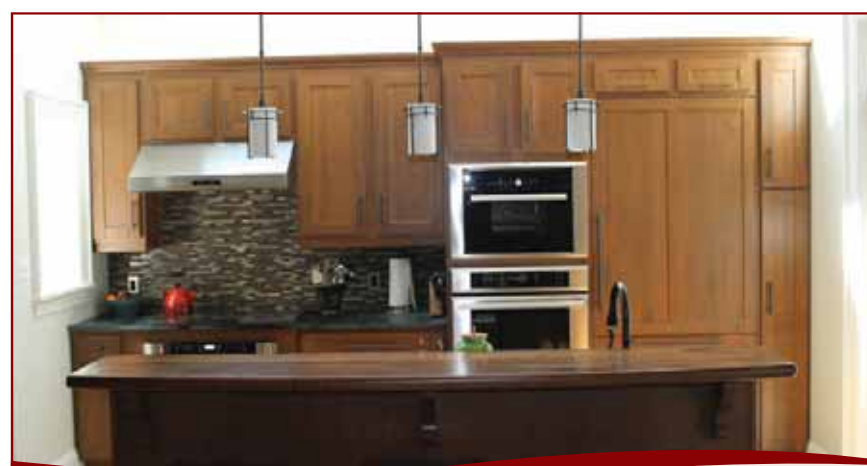
You could **WIN** a pass for two to see **NO CLUE**

In Theatres March 7

Visit clubmetro.com to enter



No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com



Dreaming of a New Kitchen?

Combine custom cabinets with expert workmanship, for a kitchen you'll love! From Concept to Completion, work with the only Certified Kitchen Designer in Nova Scotia to create the kitchen or bath that fits your lifestyle.

Contact us for a complimentary in-home consultation and estimate.

Authorized Corian Dealer
Locally owned and operated for over 15 years



Patti's Kitchen and Bath Design Limited

Patti Ford, DID, CKD | (902) 455 3445 | 6420 Lady Hammond Road, Halifax

3
LIFE

Burn money now, shiver later

Take it to the bank. Spend five bucks for coffee and snacks today or stash the cash for 75 grand in 30 years



**GAIL
VAZ-OXLADE**
Gail blogs daily at
gailvazoxlade.com

Have you ever heard the term “burn rate?” It refers to how fast you burn through your money.

It’s a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last... well... EVER. In fact, most people who talk about financial planning don’t even bring up the idea of cash management.

What is cash management? It’s exactly what it sounds like. It’s the management of your cash on a day-to-day basis. It’s what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn’t run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of



Hmm... Fan flames of financial ruin, or line that nest egg? iSTOCK

dealing with this area of their customers’ financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that’s resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans — however it is you’ve chosen to borrow — are now eating up \$300, \$500 or \$700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn’t do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I’ve

made, and there have been over 180 episodes, I have never worked with anyone who didn’t have to change their lifestyle to change their outcome. If you could just keep doing the same old, same old, without creating problems and wreaking havoc on your family’s peace of mind, then nobody would be talking about it. And we certainly would not have needed to adapt the term “burn rate” to describe our rabid spending.

So, there is a big problem. And it’s not going to go away until we admit that we’ve made some mistakes and commit to doing things differently.

People can get out of debt; it takes determination and gumption. People can live within their means; it takes planning

How to calculate your “burn rate”

If you’ve decided to take charge, why not calculate your burn rate? It’ll take about a week, and here’s how you do it:

1. Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, gigs, gas, magazines, newspapers, ... everything on which you spend money in a day.
 2. Leave lots of blanks on the left because you’ll be amazed at what you’ll add when you see all the places where you’re spending money.
 3. As you go through your week, write down what you’re spending. You’re going to add it up, so there should be a column on the far right for Total Spent for the week for each category you’ve included on your worksheet.
 4. Identify the point at which you spent \$100 on non-essentials. That’s your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?
- Are you surprised at what you’re spending?

and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you’re using your money so that you can make it work for you? Wouldn’t it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that’s a very shortsighted approach to using money as a tool. Sure, \$5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than

\$75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you’ll have almost \$90,000. That’ll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about \$12,000 a year if you don’t take some steps today. Imagine living on \$12,000 a year right now.

Did you just shiver?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax

Talk



**Need
Advice?**

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Family Finances: Common-Law Taxes and Childcare

Q

Our childcare receipts are in my husband’s name. How do I claim them?

A

It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn’t matter whose name is on the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don’t have receipts, the CRA can deny your claim.

Q

My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?

A

Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

Visit hrblock.ca for a location near you

Look who's talking to their toddler: Trade in cooing for some conversation

Talk time. Research shows that speaking to children early on makes a big scholastic difference — and long sentences are A-OK

The sooner you start explaining the world to your baby, the better.

That doesn't mean flash cards for tots, or merely pointing out objects: "Here's an orange. That's a bowl."

New research shows that both how much and how well parents talk with babies and toddlers help to tune the youngsters' brains in ways that build crucial language and vocabulary skills — a key to fighting the infamous "word gap" that puts poor children at a disadvantage at an even younger age than once thought.

The idea is to connect words and meaning, so the brain becomes primed to learn through context: "Let's



The time for silence is not now. Speak up! ISTOCK

Not-so-useless chatter

"Children can hear lots of talk that goes over their head in terms of the meaning, and they still benefit from it."

Erika Hoff
Psychology professor at Florida Atlantic University

put the orange in this bowl with the banana and the apple and the grapes."

"You're building intelligence through language," is how Stanford University psychology professor Anne Fernald explains it. "It's making nets of meaning that then will help the child

learn new words."

And forget dumbed-down baby talk: Longer, more complex sentences are better.

"The advice I give mothers is to have conversations with your babies," said Erika Hoff, a psychology professor at Florida Atlantic University. "Children can hear lots

of talk that goes over their head in terms of the meaning, and they still benefit from it."

The research, presented at a meeting of the American Association for the Advancement of Science, comes amid a growing push for universal preschool, to

Gift of the gab

To understand why language processing is so important, consider this sentence

- "The kitty's on the bench." If the youngster knows the word "kitty," and his or her brain recognizes it quickly enough, then he can figure out what "bench" means by the context. But if he's slow to recognize "kitty" then "bench" flies by before he has a chance to learn it.

help disadvantaged youngsters catch up.

But it also begs the question of whether children from low-income, less educated families need earlier intervention, such as preschool that starts at age three instead of four, or higher quality day care or even some sort of "Let's Talk" campaign aimed at new parents to stress talking, singing and reading with tots even before they can respond.

That can be difficult for parents working multiple jobs, or who may not read well or who simply don't know why it's important.

THE ASSOCIATED PRESS

'Round the world wisdom

Add a few unique strides to your step

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

I started training for the Gobi

March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi project.

I realized I had grown completely bored of my training routine. I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race

walk strangers on the escalators just to amuse myself. I stopped using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February blahs.

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

women unlimited

Are you ready to do a 180°?

If your life needs a reset ... think about a career in trades or technology!

If you're a woman and...

- living in the HRM
- interested in a FREE 14-week program that explores careers in trades and technology
- not in school or other training
- unemployed or underemployed

We may be able to help...

Check out womenunlimitedns.ca then call **Merly at 491-7362** or **Shelley at 491-2008** to learn more.

Women Unlimited encourages applications from diverse women.

An education on earning a couple of bucks

School of hard jobs?

No gruelling gig required when all you need is a little extra cash for campus life

SHAHEERAH
KAYANI
TalentEgg.ca

Let's face it, as a student, it's easy to feel broke. Between paying for tuition, textbooks, transit, rent and meals, there is often not much left for other things like entertainment and some good old fun. Many students hold the usual part-time jobs, but even those may not be earning you as much money as you'd like.

Here are some easy and quick ways that students can make some extra money.

If you can find some time in your busy schedule as a student and be a bit creative, you can find ways to make a little additional cash on the side. Even if it isn't a lot, as a student, a little can



As a secret shopper you can make up to \$10-25 per job for your time and even get free snacks, meals or movie tickets while you're at it. ISTOCK

certainly go a long way.

School contests

Be sure to check out various contests being held at your college or university because

most of them offer cash, gift cards or other prizes. For example, at Toronto's Humber College, students can win cash just for sending in a short video of themselves. Does your school offer some-

thing similar? Find out.

Write for the school's newspaper

If you have a passion for writing and reporting school

Get money to spend money? Sounds good to me!

Become a mystery shopper and get paid to give feedback on your shopping experiences by taking part in activities such as shopping for clothes or dining in restaurants.

- The mystery shopping company that you work for gives you detailed guidelines on where to shop and what to look for. Your job is to provide detailed notes on the overall experience, including the level of customer service, the attitudes of the employees and the store atmosphere.

events, then writing for the school newspaper is an excellent way to make some money on the side. Some school newspapers also offer prizes to students just for sending in their submissions, whether it's an opinion piece, some artwork or even a poem. Contributing content not only helps you earn, it may also help you grow a professional network. You can also try out other freelance work such as photography or web design.

Be a website tester

Many companies pay people just to come and test their

websites before they are launched or to offer feedback that's used to tweak and improve the sites. Testers are tasked with navigating the website at hand, while a screen and audio recorder takes note of your clicks, keyboard strokes and personal comments as you test the website for 15 minutes. For each website tested, you can earn approximately \$10. Don't worry, your actual face is not recorded — there is no webcam.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

**women of
inspiration
& influence
CONFERENCE**

May 3 - 4, 2014

Halifax, NS

Comfort Hotel, Bayers Lake

**A Place Where You Can Learn To Live Fully, Love Authentically,
Lead Effectively and Make A Difference!**

Our Focus Is BOTH Personal and Professional Development.

Meet a wide range of speakers and facilitators who provide diversity in life experience and areas of excellence.

REGISTER NOW! Early Bird expires March 31, 2014

Registration includes ALL Conference Sessions, Lunch, Snacks & Coffee/Tea for both days.

For more info: www.womenofinspirationandinfluence.com or email: info@womenofinspirationandinfluence.com

Herbivores, rejoice! Chili goes vegetarian with a double hit of meatless protein



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa. If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Also, any variety of beans

work well. Canned beans versus home cooked beans have excess sodium. One cup (250 ml) has 900 mg of sodium, while home-cooked beans have none.

To reduce the sodium by one-third, rinse the canned beans three times. To cook your own beans, use the quick-soak method. This entails bringing the dry beans and water to a boil, then covering and boiling for one minute. Remove the covered pot and let sit for one hour. Drain, and add cold water to cover the beans and simmer, covered for 20 minutes or just until beans are cooked.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves.

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/4 cup quinoa
- 2 1/2 cups homemade or store-bought tomato sauce
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 cup shredded aged cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley

Directions

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add

the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and



This recipe serves six. ROSE REISMAN

sauté for another 5 minutes.

2. Add quinoa, tomato sauce, stock and kidney beans. Cover

and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish

with the sour cream, cheddar cheese, green onions and basil.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

FLASH FOOD



From your fridge
to your table in
30 minutes or less



Ideal for
Young Professionals
and Mature Adults

Halifax Peninsula's Newest Development
Located at the corner of Gladstone & Almon St.

Jr 1 Bedroom Suites Starting at **\$995**

1 Bedroom Suites Starting at **\$1025**

- Air Conditioned Suites*
- 6 Premium Appliances
- Guest Suite*
- Roof Top Garden*
- Tenants Lounge
- Secure Building
- Access to fully equipped Fitness Centre*



WESTWOOD
Your City. Your Way.

Call Doreen at 830-4300 Email dmallon@westwoodgroup.ca
www.westwoodgroup.ca | follow us on Facebook

**PUMP
SMART
-2¢/LITRE***



AVAILABLE AT ALL HRM CORNER STORE LOCATIONS.
Ask about in-store offers.

JOIN NOW, IT'S FREE!



*Details in store or on www.ultramar.ca

Money 101. Two couples, one year to make them richer

The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

Anne-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Net worth (January 2014): \$66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.



PRESSMASTER/SHUTTERSTOCK

Anne-Marie and Peter



LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards — both of which have introductory rates less than prime, which is super low — to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for trips.

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect

they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby arrives.

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to \$450,000.

THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are

set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between \$300 and \$500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



KZENON/SHUTTERSTOCK

Carolina and Jose

Carolina & Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: \$55,000
- Net worth (January 2014): ~\$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very first budget.

We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than \$3,600 after taxes. We then carefully examined their expenses.

Besides paying \$1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately \$600 each month, followed by their car payment, insurance and fuel totalling \$550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation

and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of \$100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least \$50 through pre-planning, couponing and buying bulk items.

THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The

first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise \$500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their tax bill.

► Max out your TFSA contribution, not your credit card.

Get a \$25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. *Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of \$100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit ingdirect.ca/maxout.



Team Canada members pose with their gold medals after Sunday's 3-0 win over Sweden on the final day of the Sochi Winter Olympics. NATHAN DENETTE/THE CANADIAN PRESS

Golden sunrise

Transcendent team effort. Men's hockey team successfully defends gold as sun sets on Sochi Games

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey,'" Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process," Babcock said. "All that does is give you a chance, and anybody who's

been at these Olympic Games knows how hard it is — basically impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing, even when it was tied in the third period against Latvia, and certainly never during the semifinal game against the United States or the final against Sweden.

Jeff Carter, brought to Sochi for his offence, called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement.

Beating Sweden 3-0 Sunday exemplified everything Canada did right in the tournament. The Swedes couldn't generate anything because — as defenceman Alex Pietrangolo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo; kind of frustration in this team. They had so many, many breakouts I couldn't count them, and you can't play that way against Canada."

It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams

and couldn't think of another group that dictated the play to opponents more than this one.

"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said. "The coaching staff and players were phenomenal."

The Canadian players were more talented than everyone else, and playing such organized, fundamental hockey made them unbeatable.

"It is amazing to see the guys that have the raw talent and ability to commit themselves to doing all the little things right," said alternate captain Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win.

THE CANADIAN PRESS

Big guns

Canada's best deliver their best

From the start of the Olympics, coach Mike Babcock said Canada had to be equal to this great opportunity.

When the opportunity was the greatest, the best players delivered.

Jonathan Toews and Sidney Crosby scored the first two goals Sunday and controversial roster pick Chris Kunitz added the insurance marker.

"I think just regardless of what happened in the prior games, this game was the biggest one and we all knew that," Crosby said. "Regardless if I scored that or not, we all wanted to make sure we did our part."

THE CANADIAN PRESS



Jonathan Toews scores on Sunday. THE ASSOCIATED PRESS

Stevie, why?

Steve Yzerman won't be going for a third Olympic gold medal.

- Team Canada's executive director says he will not lead the team into the 2018 Olympics in Pyeongchang, South Korea.
- He leaves his post after leading Canada to back-to-back gold medals for the first time since 1948 and 1952.





Mascot White Bear sheds a tear after extinguishing the Olympic flame on Sunday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

\$ochi 2014 bids a warm, fuzzy adieu

Winter Olympics. Russia hails legacy of most expensive Games at closing ceremonies

Flushed with pride after a spectacular showing at the costliest Olympics ever, Russia celebrated 17 days of sport-driven global unity on Sunday night with a farewell show that hands off the Winter Games to their next host, Pyeongchang in South Korea.

Fireworks and a countdown kicked off the closing

ceremony in the Fisht Olympic Stadium, packed with raucous spectators who chanted "Russia! Russia!" and were in a party mood after the high-security games passed off safely without feared terror attacks.

The closing ceremony, a farewell from Russia with love, pageantry and protocol, started at 20:14 local time — a nod to the year that Russian President Vladimir Putin seized upon to remake Russia's image with the Olympics' power to wow.

The nation's \$51 billion U.S. investment even topped Beijing's estimated \$40 bil-

lion layout for the 2008 Summer Games. All-new facilities showcased how far Russia has come in the two decades since it turned its back on communism. But the Olympic show didn't win over critics of Russia's backsliding on democracy and human rights and institutionalized intolerance of gays. **THE ASSOCIATED PRESS**

High praise

"It's amazing what has happened here"

IOC President Thomas Bach congratulates Russia for a job well done in Sochi

Doping cases

IOC chief taking positive outlook

Despite the disclosure of a fifth doping case on the final

day of the Sochi Winter Olympics, IOC President Thomas Bach cited the positive tests as the sign of success.

During the course of the Games, Bach said more than 2,631 samples were analyzed.

None of the athletes thrown out of the games for doping won medals, and four of the five tested positive for minor stimulants that can be found in food supplements.

THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	10	10	5	25
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic	2	4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1
Kazakhstan	0	0	1	1

WHAT CANADA DID

SUNDAY

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James McNaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreal-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds;

Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6).

HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

CLOSING CEREMONIES

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

HOCKEY

MEN

Sunday's result

GOLD MEDAL

Canada 3 Sweden 0

Saturday's result

BRONZE MEDAL

Finland 5 United States 0

CANADA 3, SWEDEN 0

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55

Penalties — Jo. Ericsson Swe (holding) 16:55;

Kunitz Cda (high-sticking) 19:47.

Second Period

2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game)

5:46, Berglund Swe (boarding) 19:20.

Third Period

3. Canada, Kunitz 1, 9:04

Penalty — Perry Cda (tripping) 10:12.

Shots on goal by

Canada 12 11 13—36

Sweden 11 9 4—24

Goal — Canada: Price (W, 5-0-0); Sweden:

Lundqvist (L, 5-1-0). **Power plays (goals-chances)** — Canada: 0-3; Sweden: 0-2.

Referees — Brad Meier, United States; Kelly

Sutherland, Canada. **Linesmen** — Derek Amell,

Canada; Greg Devorski, Canada; Mikhail Bu-

turlin, Russia; Roman Gofman, Russia.

Attendance — 11,076 at Sochi, Russia.

BOBSLEIGH

At Krasnaya Polyana, Russia

MEN'S FOURS

(final rankings after four runs)

1. Russia 1 (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia 1 (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 3:40.69; 3. United States 1 (Steven Holcomb, Curt Tomasevich, Steve Langton, Chris Fogt), 3:40.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 3:41.02; 5. Britain 1 (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 3:41.10.

6. Germany 1 (Maximilian Arndt, Marko Huebner, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Hefti, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; 9. Canada 1 (Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76; 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor Bernbach, Thorsten Margis), 3:41.80.

Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James McNaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat, Alta.), 2:50.80.

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russia

MEN'S 50-KILOMETRE FREESTYLE

(MASS START)

1. Alexander Legkov, Russia, one hour 46 minutes 55.2 seconds; 2. Maxim Vylegzhanin, Russia, 1:46:55.9; 3. Ilya Chernousov, Russia, 1:46:56.0; 4. Martin Johnsrud Sundby, Norway, 1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5. 6. Robin Duvallard, France, 1:47:10.1; 7. Anders Soedergren, Sweden, 1:47:13.0; 8. Daniel Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson, Sweden, 1:47:27.3; 10. Iivo Niskanen, Finland, 1:47:27.5. **Canadians — 19. Alex Harvey, St-Ferreal-les-Neiges, Que., 1:47:40.9; 20. Ivan Babikov, Canmore, Alta., 1:47:41.8; 28. Graeme Killick, Fort McMurray, Alta., 1:48:22.4; 56. Jesse Cockney, Canmore, Alta., 1:59:16.6.**

There was never any doubt.

Congrats on winning gold

Gillette

THE BEST A MAN CAN GET





1 Canada's game

The Canadian men's hockey team put an emphatic exclamation mark on the country's domination by downing Sweden 3-0 to successfully defend its gold medal. Canada went 6-0 through the tournament and surrendered just three goals over that span. Goaltender Carey Price finished by registering consecutive shutouts over the U.S. and Sweden. The national women's team also went undefeated in its event but rallied from a 2-0 deficit for a thrilling 3-2 overtime victory over the U.S. to capture a fourth straight Olympic gold medal.

5

of Canada's top Sochi highlights

THE CANADIAN PRESS

Photos: The Canadian Press/Getty Images

Olympic spirit

Long track speedskater Denny Morrison of Fort St. John, B.C., gave Canadians plenty to cheer about after claiming a silver medal in the 1,000-metre event. But Morrison got to skate in the final only after teammate Gilmore Junio gave up his spot in the event in an act of selflessness. Then, during the men's cross-country ski free sprint, Canadian coach Justin Wadsworth noticed Russian competitor Anton Gafarov was trying to compete despite having a broken ski. So Wadsworth grabbed a spare he'd brought for Canadian team member Alex Harvey, raced on to the course and replaced Gafarov's ski.



Rock stars

Canada swept the Olympic curling gold medals for the first time. Winnipeg's Jennifer Jones dominated the women's event, capping an impressive 11-0 run by downing Sweden 6-3 in the final. Jones earned Canada its second women's curling gold but first since the late Sandra Schmirler emerged victorious at the first women's event in 1998 in Nagano, Japan. On the men's side, Brad Jacobs and his Sault Ste. Marie, Ont., teammates opened the tournament losing two of their first three games, then didn't lose again en route to winning the gold medal, needing eight ends to down Britain 9-3 in the final.



Air superiority

A lot was expected these Games of Canada's high-flying freestyle ski team, and the squad certainly delivered as it accounted for nine of Canada's 25 medals. Freestyle competitors claimed six of the first nine medals that put the Canadian team atop the overall standings following the fourth day of competition. On four separate occasions Canadian freestyle athletes secured two medals in the same event, including in women's moguls, where Montreal sisters Justine and Chloé Dufour-Lapointe finished 1-2 and held hands before stepping onto the podium to receive their medals.



Title defence

Much has been made of Canada's hockey teams and the men's curling squad successfully defending their Olympic titles. But so too did Alex Bilodeau of Rosemere, Que., in the men's moguls, as well as Kaillie Humphries of Calgary and Heather Moyse of Summerside, P.E.I., in the women's bobsled event. In fact, Humphries and Moyse were named Canada's flag-bearers for the closing ceremonies.



Veteran boarder Anderson faces early exit with grace

Jasey-Jay Anderson could've found consolation knowing he was eliminated from the Olympic men's snowboard parallel slalom by the eventual silver medalist.

Then again, the 38-year-old veteran has too much experience and class to not take responsibility for his own performances.

Anderson, the 2010 Olympic champion in the event, faced Slovenian Zan Kosir in the round of 16. Kosir defeated the Canadian to qualify for the quarter-final and

Humble Canuck

"Yes, I caught up with him, but he waited for me. He slowed down." Jasey-Jay Anderson on Slovenian competitor Zan Kosir

eventually captured the silver medal behind Russian Vic Wild.

Anderson, of Mont-Tremblant, Que., had to settle for a 15th-place finish in the overall standings.

"I know Zan, he has another gear," Anderson said. "If he sees that I am next to him,

he puts his foot on the gas a bit and takes back a lead of a tenth of a second or two."

Wild earned the gold after finishing 0.11 seconds ahead of Kosir. Wild became the first athlete to win two gold medals in snowboarding at the same Winter Games after capturing the parallel giant

slalom Wednesday.

Wild began with a victory in the fourth round over Michael Lambert, the only other Canadian to reach that stage of the competition.

Austria's Benjamin Karl took the bronze medal.

The other Canadian in contention, Matthew Morison, was eliminated in the qualifying stage. The three Canadians in the women's competition — Ariane Lavigne, Caroline Calvé and Marianne Leeson — suffered the same fate.

THE CANADIAN PRESS



Jasey-Jay Anderson competes in the men's parallel slalom at Rosa Khutor Extreme Park on Saturday in Sochi. MIKE EHLMANN/GETTY IMAGES

Huskies go into record books after undefeated season

AUS basketball. Head coach says he's proud of the feat but focus still on a national title



ANDREW RANKIN
andrew.rankin@metronews.ca

Maybe it will hit Scott Munro sometime this summer, when he has the time to fully appreciate his latest accomplish-

ment.

But not now, not while the Saint Mary's Huskies women's basketball coach is determined to win the school's first-ever national title.

The Huskies entered the record books on Saturday by spanking the Memorial Sea-Hawks 76-56, becoming the only team in AUS history to boast an undefeated regular-season record (20-0).

There was no dramatic post-game celebration, said Munro. He congratulated his players

on a fine regular season, then the focus turned to the team's playoff opener on March 8.

"That's what it's all about right now," said Munro. "It's nice to do that when no one else has done it before. But it's about moving on, now."

For their effort, the Huskies earn a bye into the AUS quarter-finals scheduled for March 8 at Charlottetown's Chi-Wan Young Sports Centre.

Four other teams will be vying for the title over the three-day tournament, includ-

Quoted

"Now it's time to get ready for playoffs."

Huskies women's basketball coach Scott Munro



ing the Dalhousie Tigers, Cape Breton Capers, P.E.I. Panthers and Sea-Hawks.

The mindset doesn't change for the reigning AUS champs and No. 2-ranked team in the

country. It's their laser-like focus, not to mention considerable talent, that has gotten the Huskies this far.

"There were no real games that stood out among the 20 victories," said Munro. "The biggest credit goes to them. They never really thought of it as a streak. They knew because of our ranking that we were going to get every team's best shot. They were prepared to play their best and remained focused on the task at hand."

He was quick to deflect

praise, paraphrasing legendary coach John Wooden.

"If you want to have a good team and be a good coach you have to have good players. It's all about the players."

But, some day down the road, he'll have time to savour the accomplishment.

"These things tend to get a little clouded when you're on the chase, but it's about preparing for March 8, that's our next game, and finding a way to win that one, and keep moving forward."

AUS hockey

Huskies top Panthers to complete quarter-final comeback in Charlottetown

The Saint Mary's Huskies capped their quarter-final series comeback with an emphatic 4-1 victory over the P.E.I. Panthers in Charlottetown on Sunday.

Even after their opening-game 3-1 loss on Wednesday, the Huskies remained confident in the face of sudden elimination in the best-of-three matchup.

"To be honest, I thought we played really well in the first game," said head coach Trevor Stienburg. "We had a couple goals-against that we wanted back. But we realized when we came home that we could play with these guys. All I can say is that the guys stepped up."

Bolstered by Friday's 4-1 home victory, the Huskies came out firing on Sunday,

scoring three straight goals in the opening period. Anthony Peters stood tall between the pipes for Saint Mary's making 33 saves.

"In 18 years of coaching I thought this was one of our real great efforts," added Stienburg.

"We went in beat up and we played a really good hockey team. The guys put their heads down and we were lucky to get a few breaks."

Gerrad Grant, Alex Cord, Stephen MacAulay and Ryan Hillier each scored for the Huskies, while Reggie Tracitto responded for the Panthers.

The Huskies now face the New Brunswick Varsity Reds in the semifinals.

ANDREW RANKIN/METRO



Huskies forward Ryan Hillier, centre, fights for a loose puck with Panthers' Matthew Malone, left, and Mason Wilgosh in front of Panthers goalie Mavric Parks during second-period action on Sunday in Charlottetown. JASON MALLOY/GUARDIAN

NBL Canada. Anderson burns Rainmen for 40

They couldn't make it four in a row

A day after earning their third straight win, the Halifax Rainmen ran out of gas on Sunday, falling 107-96 to the Saint John Mill Rats at Harbour Station.

The Rainmen got off to a promising start after taking a 29-22 lead into the second quarter. But, led by Anthony Anderson's game-high 40 points, the

Mill Rats wore their opponent down, and finally took the lead late in the third quarter thanks to Anderson's back-to-back three pointers. From there, the Mill Rats, who out-rebounded Halifax 52-38, wouldn't look back.

For the second straight game, Jason Williams led Halifax in scoring with 30 points along with nine boards.

ANDREW RANKIN/METRO

QMJHL. Mooseheads burn Cataractes on Friday

The Mooseheads steamrolled their way to a 7-1 victory over the Shawinigan Cataractes on Friday for their fifth straight victory.

Shawinigan forward Felix-Antoine Bergeron opened the scoring less than a minute into the contest. But the Mooseheads responded two minutes later, and then six more times after that.

Jonathan Drouin paced the

Herd with a goal and three assists. Nikolaj Ehlers tallied twice, while Luca Ciampini, Darcy Ashley and Philippe Gadoury had singles to round out the scoring for the Mooseheads, who hit the road on Friday to take on the Bathurst Titan.

The Mooseheads (39-18-0-3) are tied with the Rimouski Oceanic for third place in league standings.

ANDREW RANKIN/METRO

MLB. Lawrie likes what he sees from Team Canada

Brett Lawrie can claim bragging rights inside the Blue Jays clubhouse.

The Toronto third baseman celebrated Team Canada's 3-0 win against Sweden on Sunday to capture its second straight Olympic gold medal in men's hockey.

Lawrie, who is the lone Canadian on the Blue Jays' roster, said he couldn't watch the entire game because of spring

training commitments. But the native of Langley, B.C., made sure he received score updates.

"It was exciting," Lawrie said. "I probably would have been a little more excited if I watched the full game. But every time I'd peek back (at the TV) and we just kept going up another goal, another goal. It's very positive and, obviously, Canada is very pumped up about it, too." THE ASSOCIATED PRESS

Lowry turns it on in 3rd vs. magic

NBA. Toronto now six games above .500 for the first time since February 2010

It goes down as a comfortable win. But it was far from an impressive performance.

"We set basketball back 15 years in the first half," Toronto Raptors head coach Dwane Casey quipped after his team defeated the Orlando Magic 105-90 at the Air Canada Centre Sunday night.

"But like I told our guys, we're going to have a lot of games where we're going to have to grind it out," Casey said. "For whatever reason, we struggle in the first half and then come through, turn it on."

"But I also think that's a little bit of growth on our part."

After shooting a woeful 41.7 per cent from the field in the first half, the Raptors shot 12-for-14 in the third quarter to blow the game open on the way to win their second straight and fifth in six outings.

"Just coming out with a different kind of intensity," point guard Kyle Lowry said when

On Sunday	
105	90
Raptors	Magic

asked about the key to turning things around in the second half. "We've got to figure out a way to start the game the way we start third quarters."

"That's how we've got to come out from now on."

Lowry had 17 points in the third as the Raptors (31-25) widened a three-point half-time lead to 15.

Lowry, who was just 1-for-7 from the field in the first half, hit all five of his attempts in the third quarter. He had four from beyond the three-point arc in the period, including a 25-footer at the buzzer that brought the crowd of 17,435 to their feet.

Lowry scored the final 14 points for the Raptors in the third quarter and the first two of the fourth quarter as Toronto stretched the lead to as much as 18 points.

THE CANADIAN PRESS



The Raptors' Kyle Lowry drives past the Magic's Victor Oladipo during the second half in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

NBA. Jason Collins makes history in debut with Nets, keeps focus on basketball

History? Pressure? Jason Collins would have none of it after becoming the NBA's first active openly gay player.

After all, it was almost game time.

"Right now I'm focusing on trying to learn the plays, learning the coverages and the game plan and the assignments. So I didn't have time to really think about history," Collins said at a crowded press conference less than an hour before his Brooklyn Nets faced the Los Angeles Lakers on Sunday night.

Collins signed a 10-day contract with the Nets earlier Sunday and played in the first half against the Lakers, grabbing a



Jason Collins
GETTY IMAGES FILE

rebound and committing a couple of fouls. The 35-year-old centre revealed at the end of last season he is gay, but he was a free agent and had remained un-

signed.

"The decision to sign Jason was a basketball decision," general manager Billy King said in a statement. "We needed to increase our depth inside ... we felt he was the right choice ..."

THE ASSOCIATED PRESS

MLB. Yankees brass show confidence in outfielder Gardner with 4-year deal

Outfielder Brett Gardner and the New York Yankees agreed Sunday to a four-year contract worth \$52 million.

The new pact starts in 2015 and includes a fifth-year club option for \$12.5 million and a \$2-million buyout. If traded, Gardner would receive \$1 million.

"It shows the level of confidence, belief and trust, and the type of player and person he is," Yankees general manager

Brian Cashman said. "We're excited to know that he's going to be a part of this team going forward. We're a better team with Garry on it, that's the bottom line. This is a good day for him, and we believe it makes the future for us better."

Gardner has a \$5.6-million, one-year contract for this season. He would have been eligible for free agency after the 2014 season.

THE ASSOCIATED PRESS

Service Directory

To advertise contact Tricia Brommit at 444-8329

February 24

BUSINESS OPPORTUNITIES

JAN-PRO
CLEANING SYSTEMS

Change your life with JAN-PRO
Get your own business.

Awarded The Best of the Best 2013, having a great concept, a strong brand and dedication to the success of their franchisees

- Professional Training
- Starter Kit
- Accounts Guaranteed
- Insurance and Bonding
- Cash Flow Management
- Ongoing Assistance
- Financing
- Additional Accounts
- Support to Grow your Business

Contact Carlos De Regules (902) 481-2100
or e-mail to carlos.deregules@jan-pro.com • jan-pro.com

MOVERS

EXPRESS MOVING

17ft Truck & 2 Men
\$70.00 per hour
No Minimum,
No Gas Surcharge
Residential & Commercial
Local & Long Distance
219-8591

Uncle Leonard's
Light Trucking

**ONE MAN
ONE TRUCK**
\$35/hour

237-1603

APARTMENTS

WOW!
\$1000 Move In Incentive!*

**Newly renovated 1, 2 & 3 BR units
Starting at just \$600**

Clean and spacious apartments.

Located on Rolieka Dr & Churchill Court, in Dartmouth.
Comfortable walking distance to shopping,
dining and banking. Short drive to Mic Mac Mall
and Dartmouth Crossing, On Metro Transit
Bus Routes #10 & #54

Call 902-830-1296
or email pinegreenpark@hotmail.ca
for more details.

*To new qualified tenants

visit metronews.ca

Horoscopes

Aries

March 21 - April 20

Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

Taurus

April 21 - May 21

Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

Gemini

May 22 - June 21

If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

Cancer

June 22 - July 23

What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to believe was nonsense.

Leo

July 24 - Aug. 23

Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts later on.

Virgo

Aug. 24 - Sept. 23

This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

Libra

Sept. 24 - Oct. 23

Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

Scorpio

Oct. 24 - Nov. 22

The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

Sagittarius

Nov. 23 - Dec. 21

Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks — words that heal rifts.

Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

Aquarius

Jan. 21 - Feb. 19

You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

Pisces

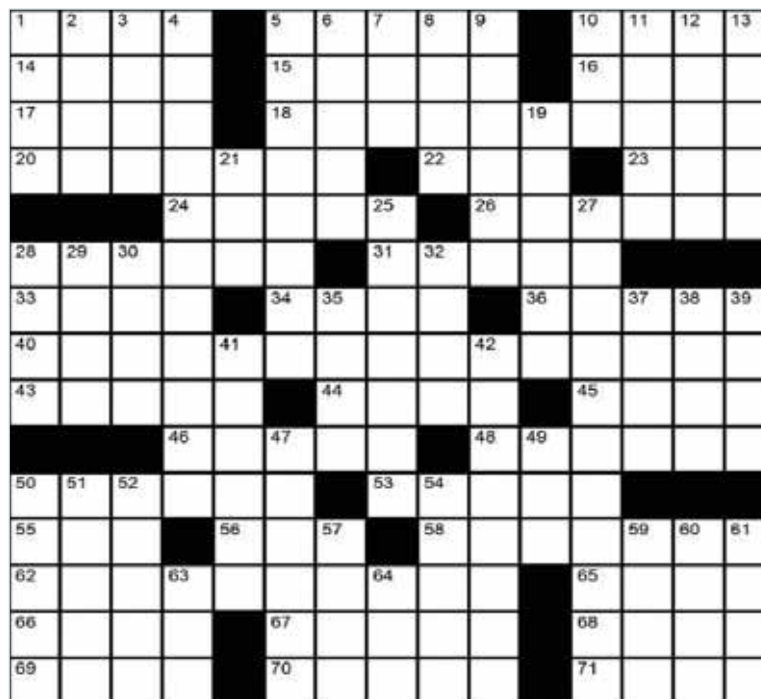
Feb. 20 - March 20

This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things happen now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Sharon, Lois & ___
- Blackthorn fruits
- "Song for the ___": Maritime folk tune
- Ms. Falana
- "Cityline" guest expert, Bryce ___ (Homeopath)
- Stylish
- Rent- ___
- Oscar-winning film, "Terms of ___" (1983)
- Canadian-born alum of SNL, Phil ___
- Hoops org.
- Back then
- Despises
- National Capital Region community
- Saskatchewan export
- "It's been ___ pleasure."
- Swedish car
- Broadway musical, Man ___ Mancha
- Intimidate
- Waiter in Hollywood, often: 2 wds.
- Not here
- "_!_ mouse!"
- Pants part
- More pleasant
- Some countertop edgings
- Ms. Milano
- Ms. Graff of '80s sitcom "Mr. Belvedere"
- Writer, Rita ___



Down

- Ho-hum
- ___ - Fella Records
- Wing-like
- Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.
- "Welcome Back, Kotter" student
- ELO's Jeff
- Former
- Paradise
- U.S. Navy builder
- Fancy-style 1900
- "___ a Symphony" by The Supremes
- Naomi Watts starred in the 2002

Down

- Brown
- Tiny tallnesses
- Dublin's country
- Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a ___ station from 1832 to 1937)
- Condo purchaser's

Down

- Ho-hum
- ___ - Fella Records
- Wing-like
- Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.
- "Welcome Back, Kotter" student

- ELO's Jeff
- Former
- Paradise
- U.S. Navy builder
- Fancy-style 1900
- "___ a Symphony" by The Supremes
- Naomi Watts starred in the 2002

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

3°/-9°

Rain or snow showers

70%

Tuesday

-5°/-9°

Variable

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2014

visit **metronews.ca**

metr

MoneyProvider.com

\$500 Loan and more No credit refused

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

NEED MONEY?

\$300 - \$1500

- No credit checks
- No upfront fees

CALL NOW!

1-866-499-5629

WWW.MYNEXTPAY.CA

O'REGAN'S HYUNDAI

GREEN LIGHT CERTIFIED CLEARANCE

GET YOUR **GIFT***



**\$300
GAS
CARD**

OR



**FREE
IPAD**



2013 HYUNDAI SONATA GLS

AUTO, A/C, POWER GROUP, 4DR, SUNROOF

~~\$27,649~~ FROM **\$17,999***

\$0 DOWN

SAVE **\$9,650**

3 LEFT **\$109*** BW

NO PAYMENTS FOR 90 DAYS!!



2013 HYUNDAI ELANTRA GT

AUTO, A/C, POWER GROUP

~~\$21,894~~ FROM **\$15,990***

\$0 DOWN

SAVE **\$5,904**

2 LEFT **\$91*** BW



2013 HYUNDAI ACCENT GL 5 DOOR

AUTO, A/C, POWER GROUP

~~\$18,649~~ FROM **\$14,990***

\$0 DOWN

SAVE **\$3,659**

5 LEFT **\$86*** BW



2013 HYUNDAI ACCENT GL 4 DOOR

AUTO, A/C, POWER GROUP

~~\$18,244~~ FROM **\$13,990***

\$0 DOWN

SAVE **\$4,254**

2 LEFT **\$79*** BW



2013 HYUNDAI SANTA FE SPORT PREMIUM, AWD

AUTO, A/C, POWER GROUP, 4WD

~~\$32,059~~ FROM **\$25,990***

\$0 DOWN

SAVE **\$6,069**

3 LEFT **\$148*** BW

*GET YOUR GIFT \$300 GAS CARD OR A FREE IPAD PLUS NO PAYMENT FOR 90 DAYS! IN STOCK UNITS ONLY WITH O'REGAN'S FINANCING. TAXES AND FEES NOT INCLUDED. SEE DEALER FOR DETAILS. INCLUDES MINIMUM TRADE VALUE OF \$1000 FOR CASH FOR CLUNKERS. ALL VEHICLES ARE GREENLIGHT CERTIFIED WITH LOW KMS. OFFER ENDS FEB. 28TH, 2014.



O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyunda Dartmouth.com**